Mag Ruffman's Anything I Can Do

order DVD's online at www.ToolGirl.com

Wouldst Thou Wood

Anything I Can Do DVD Volume 10 – *Rustic Accessories*

Mellow out and escape life's pressures by building a cricket bench.

This is a great beginner's project and you can even make your own old-fashioned milk paint.

Materials:

- one 6' plank of 1" x 12" pine
- 2" nails (the antique reproduction nails from Lee Valley are cool)
- milk paint (see recipe at end of instructions)

Cut List:

- Top - 12" x 21"
- Legs - 12" x 12"
- Side pieces - 20" x 2 ½"

Tools

- Saw
- Hammer
- Pencil
- Measuring tape
- Jig saw with a scrolling blade (optional)
- Sandpaper (or power sander if you have one)
- Carpenter's square or board to act as a guide for drawing straight lines
- Drill and bits
- Safety glasses
- Tack cloth
- Shaving brush

A traditional cricket bench

An updated version of a cricket bench

A modern version of a cricket bench with wide supports and small legs

Added detail on the updated version

Steps:

Cut and sand the parts before assembly

Trace the size of the supports on to the sides

Cut out the notch in the end pieces

Cut out the pieces. Sand before assembly - it's easier. Trace the end of the side supports onto the legs. Cut out the notch along the lines.

Be sure the wood grain in the legs is running vertically

Find the height of the 'V' - not more than half the height of side

Mark the bottom of the 'V' three inches in from the edge

Mark the cut lines using any straight edge

In laying this out, be sure the wood grain in the legs is running vertically, not horizontally.

Watch for knots and other weak points and plan around them

Cut out the v-notch creating the legs

Drill a hole at the top of the 'v' to help prevent splitting

order DVD's online at www.ToolGirl.com

Use a bow sander or piece of sand paper to ease the sharp edges

Finished end with initial, v-notch, supports and top

Watch for knots, pitch pockets or other weak spots and plan accordingly. Cut the v-notch in both legs. Start the 'v' no higher than halfway up the board. Drill a hole at the tip of the 'v' to distribute strain evenly and prevent splitting.

The width of the feet should be no less than one quarter of the full width of the board. Mark a minimum of 3" in from both sides and start your cuts there.

Fit all the pieces to be certain they will work

Reproduction nails are thick in the middle

Drill for the nails

Orient the nail so that the narrowest dimension lines up with the grain

Attach the 2 ½ " x 20" inch side supports to the legs. Pre-drill holes large enough to accept the nails but not so large that the nails become loose.
If you're using antique reproduction nails, they're thicker in one direction than the other, so put the thinner side in line with the grain. This helps prevent splitting. Nail the top on, pre-drilling for the nails.

order DVD's online at www.ToolGirl.com

Draw a letter or other shape on top

Drill a hole inside the letter

Put the jig saw scrolling blade through the hole

For added stability, place the bench on a rubber mat

Wipe off the surface with a tack cloth

Optional:
Draw an initial or decorative shape on the top. Make it large enough to be a good handhold for picking up the bench, but not so large that a child could lose a foot down the hole. Drill a ¼" hole inside the design. Slide the jigsaw blade into the hole to start cutting.

order DVD's online at www.ToolGirl.com

Blueberry milk paint

Blueberries, powdered milk, builder's lime, Plaster of Paris

Apply the milk paint with a shaving brush

Use a shaving brush for ergonomic paint application.
Any stray blueberry bits will brush off with a cloth after the paint dries.

Make your own milk paint:

- Cook berries (any fruit with a strong pigment can be used) to release the colour and soften the berries.
  Strain off the bigger pieces.
- Mix 12 parts SKIM milk to 1 part builder's lime (also called 'slaked' or 'hydrated' lime).
  Add berries.
- Add Plaster of Paris to thicken the paint to a pasty consistency.
- Berries produce unpredictable results (like my paint faded to almost transparent after a couple of weeks!); as an alternative, colour the paint with a bit of acrylic artist's paint.
- Clean up with soap and water.

ToolGirl.com
order DVD's online at www.ToolGirl.com